



KIDS FITNESS After-School Program

*Classes begin Monday December 5!
Register by Friday December 3*

Mondays-Thursdays
3PM-4PM and 6PM-7PM

Classes are located at our Partner:
Genesis Fitness Center
6135 W. Saginaw Highway
Lansing, MI 48917

Contact us:
Kolmarge Harris, Founder CEO &
Former Professional Boxer
(517) 402-6553
www.LSYO.org

\$60

contribution
for 5-week
all-access
membership

**\$10 contribution
for drop-ins!**
*Inquire about
our participation
scholarships!*

LSYO's boxing-based program

- *Enhanced cardiovascular health*
- *Improved eye-hand coordination*
- *Weight loss*
- *Decrease stress*
- *Understand the importance of healthy foods*
- *Rejuvenated self-confidence*
- *Increase positive stress-related coping skills*

LSYO Mission Statement: To make available to children and adolescents in the Greater Lansing area low/no cost fitness programs that motivate, educate, and instill a life-changing, life long bond with physical fitness, helping those who struggle with weight issues (obesity) and aggressive behaviors (anti-bullying).